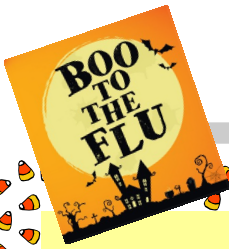


News For All Seasons



Flu Inoculation Schedule

Hamlin October 17 – 10 am-Noon

Honesdale October 18 – 10 am-Noon

Hawley October 19 – 10 am-Noon

Lakewood/Northern Wayne October 26— 10 am-Noon



Please call the appropriate center to schedule your appointment.

Hamlin 570-689-3766

Hawley 570-226-4209

Honesdale or Northern Wayne/Lakewood:

570-253-5540



GRAND-PARENTS DAY

SEPTEMBER 2017

MORE PICTURES ON PAGE 10



2) Meatloaf Mashed potatoes Mixed vegetables Rye bread <i>Warm Apple Betty</i> 	3) Tossed Salad with Dressing <i>HD-Juice</i> Chicken Parmesan Whole wheat Rotini Broccoli Vanilla Ice Cream 	4) Tomato w/beans soup Cheeseburger Regular bun Potato Salad HD- Diced potatoes Pink Grapefruit	5) Soup-Butternut Squash Wheat crackers Tuna fish salad On rye w/Lettuce, tomato Vegetable slaw Fresh melon mix <i>N'thrn Wayne:</i> Juice, veggie slaw, ham salad on rye, apple streusel cake	6) OCTOBERFEST Bratwurst Potato pancakes Red cabbage Apple streusel cake	
9) COLUMBUS DAY Office & Centers Closed 	10)Honey Mustard Chicken Baked potato w/sour cream Zucchini-oil n garlic Mixed vegetables Wheat bread Lorna Doones	11)Orange-pineapple juice Egg omelet's Salsa Turkey Sausage Patty Hash brown potatoes Rye Bread Oatmeal raisin cookie	12) Roast turkey w/Gravy Mashed potatoes Brussels sprouts Stuffing Warm Diced peaches On Biscuit 	13) Coleslaw Baked cod Stewed tomatoes Sweet potato Wheat dinner roll Peanut butter Cookie	
16) Baked bread chicken strips Buttered carrots Steamed buttered cabbage Rice Pilaf Fruit Medley 	17) Cream potato soup Egg salad on wheat Regular cottage cheese n diced peaches Lettuce n tomato Pecan Sandies <i>HD-egg omelet</i> <i>Turkey sausage</i> <i>Hash brown potatoes</i> <i>Wheat bread</i> <i>Peaches</i> 	18) Tossed salad with dressing Pizza Sausage bites Sauce Broccoli Vanilla pudding	19) Pork Loin Pierogies Applesauce Peas n Pearl onions Sour Cream Ambrosia 	20) Broccoli, Chickpea salad HD- broccoli Wheat Rotini with Meat sauce Apricots 	
23) Corn chowder Wheat Bread Salisbury steak w/Gravy Mashed potato Cape Cod blend vegetable Pears 	24) Vegetable chili Baked salmon w/honey mustard Wheat Rotini Baby carrots Rye Bread Orange segments	25) Shredded Pork Barbecue On Bun Coleslaw Cauliflower Warm Diced peaches Over Biscuit 	26) Caesar salad Parm cheese-shredded With dressing Ham Warm Pineapple slices Parmesan buttered Fettucine Sweet potato Vanilla Ice cream <i>N'thern Wayne:</i> Juice, Caesar salad, Ham & cheese sandwich, Pineapple	27) Baked chicken Baked potato w/sour cream Cabbage Cornbread Fresh cut melons 	
30) Haddock Patty on Bun Tartar sauce Stewed Tomatoes Brussels sprouts Oatmeal raisin cookie	31) HALLOWEEN <i>Bloody Burger</i> <i>On a Wicked Bun</i> <i>Lettuce, tomato, onion</i> <i>Morbid Mayo</i> <i>Evil sweet Potato wedges</i> <i>Creepy Cucumber salad</i> <i>Pineapple Tidbits</i>  				MILK SERVED WITH ALL MEALS



Everyday at the Honesdale Center

CAREGIVER'S SUPPORT GROUP

Wednesday, October 11th @ 1:30 pm
at Honesdale Center

Monday

10:30 Bridge
12:00 Jazz Class
1:00 Crafts
12-2 Advanced Class
Line Dancing
2-4 Beginning/
Intermediate Line
Dancing

Tuesday

10:30
Exercise
1:00-4:00
Pinochle

Wednesday

10:30 Exercise
10:30 Bridge
11:00 Tai Chi
*fee
1:00 Art Class
1:00 Bingo
1:00 Mah Jong
3:00 Jazz Dancing

Thursday

10:00 Games
10:30 Chair Yoga
(2ND & 4TH
Thursdays)
1:00 Cards



Friday

10:30 Exercise
1-2:30
Shuffleboard
1-2:30 Cribbage
1:00 Pool
1-2:30 Rummikub
1-3 Memoir Writing
Group (1st & 3rd)

NORTHERN WAYNE CENTER

THURSDAY, OCTOBER 5
THURSDAY, OCTOBER 26

ALL CENTERS
& OFFICE
CLOSED

COLUMBUS
DAY

OCTOBER 9



Everyday at the Hawley Center

Monday

Cards & Games
8-3 Gym Equipment
10:30 - 11:30
Exercise
11:30 - 3 Mah Jong

Tuesday

Cards &
Games
8-3 Gym
Equipment
1 - 2 Bingo



Wednesday

Cards & Games
8-3 Gym Equipment
10 - 12 Crafts
10:30 - 11:30
Exercise
1-2 Tai Chi *fee
5:30 - 8:30 Mah
Jong

Thursday

Cards & Games
8-3
Gym Equipment
1:00 Bingo
11 - 2:30 Card
Club
10:30-11:30 Chair
Yoga (1st & 3rd)

Friday

Cards & Games
8-3
Gym Equipment
10 - 2 Crafts
10:30 - 11:30
Exercise



Everyday at the Hamlin Center



Monday

Cards & Games
8:00-12
Pinochle

Tuesday

Cards &
Games
1:00 Bingo

Wednesday

Cards & Games
10:00 Exercise
1:00 Mah Jong

Thursday

Cards &
Games 10:00
Exercise
1:00 Crafts

Friday

Cards &
Games
10:00 Bingo

HAWLEY NEWS . . . Welcome everyone to Fall. How beautiful the weather is and the color of the leaves brings a smile to my face. It is hard to imagine how fast Summer has gone by, we really didn't have much of one. The rain and lack of warm weather didn't do much for the vegetables this year. I'm still waiting for my tomatoes to ripen. Only had one good tomato sandwich this year. How disappointing. Now let's look forward to all the colors, smells and warm fires on a cool Autumn night.

We all had a wonderful time at our Labor Day party. We invited the ADS (Adult Day Services) over to join us for the festivities. We danced, sang, ate and had a terrific time together. We looked back at all the summer activities we did this year and celebrated the upcoming season. We ended our party with door prizes. Also, enjoyed music provided by our favorite music man Andy Anderson. I would like to give a Great BIG Heart Felt Thanks to Andy for always being there for us.

We have a few things going on this month at the center. First, we will be having our Oktoberfest on Friday the 6th—with all the fixings. Second, remember we are closed on Monday October 9th to observe Columbus Day. Then on Friday the 13th come on in and learn how laughter is the best medicine with Hope Wormuth as our presenter starting @ 11 am. And last but not least, we will have our Spooktacular Halloween Party on Tuesday October 31st. Wear your best costume and win a prize.

FYI: All of us here at the Hawley Center would like to send out a BIG CONGRATULATIONS to the Hamlin Center for being a BIG part of Wayne County AAA. "19 YEARS" and going strong. Have a wonderful celebration.

October 15th is the start for the Medicare Annual Enrollment period. You are probably receiving many flyers with information in the mail about which plan you should purchase, which may be very confusing.

We offer the help you need here at the Hawley Senior Center Monday, Wednesday and Friday from 1:30 to 3:00 pm. Give Lu Seagraves a call at 570-226-4209 to make an appointment. With the amount of work here at the center we appreciate your cooperation on making and keeping your appointments. If for some reason you can't keep your appointment, please just give us a call to reschedule. We will try our best to make the transition of this years Enrollment period easier for you.

Important Information! Our Flu Shots will be held on Thursday October 19th from 10am to 2pm. Please bring your Insurance cards with you. We Thank You for your understanding and cooperation as this day can become a little confusing. Join us for a cup of tea or coffee and get to know new people as you wait your turn.

VEHICLE REGISTRATION STICKERS

Effective December 31, 2016, PennDOT will no longer issue vehicle registration stickers for vehicles registered in PA. Elimination of the registration stickers is a cost savings measure. Residents are still required to maintain current vehicle registration and must present a registration card to law enforcement when asked. A valid registration card is still required.



Our October Birthday's are; Frances Lloyd, Valerie Moll, Ann Morgan, Mia Kwiatkowski, Doris Cory, George Hazen, Linda Wendrick, Joan Foster, Larry Nonnemacher, Dorothy Geiss, Jim Mancuso, Linda Mania, Marion Treco, Evelyne Temkin, Rhoda Dewey and Kathryn Loizemax. Happy Birthday to you all.

Stroke Prevention Guidelines

Medical stroke risk factors include:

Previous stroke, previous episode of TIA (or mini stroke), high cholesterol, high blood pressure, heart disease, atrial fibrillation and carotid artery disease. These risk factors can be controlled and managed with the help of a healthcare professional.

Lifestyle stroke risk factors include:

Smoking, being overweight & drinking too much alcohol. You can control these risk factors by quitting smoking, exercising regularly, watching what & how much you eat and limiting alcohol consumption.

Know blood pressure (hypertension) High blood pressure is a major stroke risk factor if left untreated. Have blood pressure checked yearly by a doctor or at health fairs, a local pharmacy or supermarket or with an automatic blood pressure machine.

Identify atrial fibrillation (Afib) Afib is an abnormal heartbeat that can increase stroke risk by 500 percent. Afib can cause blood to pool in the heart and may form a clot and cause a stroke. A doctor must diagnose and treat Afib.

Stop smoking Smoking doubles the risk of stroke. It damages blood vessel walls, speeds up artery clogging, raises blood pressure and makes the heart work harder. Stopping smoking today will immediately begin to decrease risk.

Control alcohol use Alcohol use has been linked to stroke in many studies. Most doctors recommend not drinking or drinking only in moderation-no more than two drinks each day. Remember that alcohol can negatively interact with other drugs you are taking.

Know cholesterol levels Cholesterol is a fatty substance in blood that is made by the body. It also comes in food. High cholesterol levels can clog arteries and cause a stroke. See a doctor if your total cholesterol level is more than 200.

Control diabetes Many people with diabetes have health problems that are also stroke risk factors. Your doctor can prescribe a nutrition program, lifestyle changes and medicine to help control your diabetes.

Manage exercise and diet Excess weight strains the circulatory system. Exercise five times a week. Maintain a diet low in calories, salt, saturated and trans fats and cholesterol. Eat five servings of fruits and vegetables daily.

Treat circulation problems Fatty deposits can block arteries carrying blood to the brain and lead to a stroke. Other problems such as sickle cell disease or severe anemia should be treated.

Act FAST at the first warning sign of stroke. **If you have any stroke symptoms, seek immediate medical attention.**

Information obtained from the National Stroke Association and the American Stroke Association

Use FAST to remember warning signs of stroke:



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?



TIME: If you observe any of these signs, call 9-1-1 immediately.

APPRISE.....Pat Perkins

I can't believe that we are in the autumn season, but that is the reality. And now our weather is telling us we're back to summer! At least for awhile. As for the APPRISE team, it seems like we just finished the Medicare Annual Enrollment Period, but here it is again! The AEP runs from October 15th to December 7th and this is the time to check your Medicare drug plans (Part D) or Medicare Advantage plans (Health coverage or health & drugs combined) for cost effectiveness. Everyone should be aware of what plan they have currently. Many times, plans send out information and cards with wording that could be misleading and confusing, so consumers are not sure what they have. Costs go up yearly and some medications can be removed from formularies. Checking on your drug plan can save hundreds of dollars and sometimes thousands. Your medications are the determining factor for which plan is best for you. If you are lucky enough to not require any medication, you can enroll in the lowest premium plan. You can go to Medicare.gov, click on "Find Health and Drug Plans" and enter your zip code to begin your search. Once you enter your drugs, you can compare companies and pharmacies. For APPRISE counseling, please remember to make an appointment in order to avoid long waits. The enrollment schedule is as follows:



10/16/2017 – 12/7/2017 – Earl Simons Senior Center – Monday – Friday 9:00 AM – 3:00 PM

10/18/2017 – 12/6/2017 – Wednesdays – Hamlin Senior Center – 1:00 PM - 3:00 PM

10/16/2017 – 12/6/2017 – Robert Drake Hawley Senior Center – Mondays, Wednesdays, Fridays
– 1:30 – 3 PM

Call the respective centers for appointments.

If you are a PACE cardholder, you will follow their direction. PACE partners with several drug plan companies and will enroll you in the plan that meets your needs. I would advise everyone to save their letters from PACE in order to know your plan for 2017. If you are in a new plan for 2017, destroy your old card at that time so the pharmacy can bill correctly.

On a separate note, I would like to thank everyone (and this is very belated) for all their hard work making our July picnic a great success. I think every year our party-goers say "This has been the best one!" The senior center staff (Kathy, Marie, Nancy and Suzanne) begin working on details well in advance. The kitchen staff, as always, provides us with great food and assistance. Lorrie and John Fearon are our expert grillers along with Ian from maintenance. Thank you to all the maintenance staff who provided so much support this year. Our transportation department always does a great job and many would not be able to attend without this great service. The young men and women from Trails End Camp add so much enjoyment to our day and are so enthusiastic to help wherever they can. Blue Ridge Camp also contributed by making great posters for the event. Frankie Gervase entertained us and really got everyone dancing, even in their chairs! I'd like to thank Jacqui Sturgis, our Aging Administrator, for her participation and service throughout the day. I know our Commissioners had prior commitments that day, but still made the effort to spend time with us and we are all appreciative of their support of our Aging events. Our local merchants provided very generous door prizes, and as always, our volunteers are so dedicated and give their time and talent to our centers everyday. Priceless! Literally! I would also like to give a special thanks to Debbie and Lu for a wonderful Hamlin/Hawley picnic. They do a great job throughout the year and I always say, "My staff makes my job easier." Peace and Love to all! Thanks again.

I'd like to give a quick shout out to all the folks who helped make our annual yard sale at the Hamlin Senior Center a huge success. We hold the sale on the Saturday of Labor Day weekend and a big "Thank You" goes to all my wonderful volunteers who give so much of their time to help. Also, thanks to all the people who donated items to sell and all the vendors who sell their goodies. The weather was in our favor this year and I estimate we had between 200 and 300 people stop by to look for treasures. Over the years the sale has turned into a real community event. Again, Thank You to all! Debbie



Prompton Hike and Picnic Follow-up (September 8)

Hiking and a picnic were enjoyed by 18 seniors from all three centers at Prompton State Park. Some hiked, some did crafts & all enjoyed a picnic lunch!

Falls Prevention Workshop Follow-up (September 19)

A group of 20 seniors participated in the Falls Prevention workshop. They learned tips on how to prevent falls, the proper way to arise from a fall, and took part in a falls assessment. A repeat of the workshop will occur in at the Hawley center in the spring of 2018.

October 4 – Tai Chi for Arthritis

Certified Tai Chi Instructor Mike Liuzzo will lead a *Tai Chi for Arthritis* class on Wednesday, October 4 at 11:00 a.m. Call Marie Alexander at 570-253-5540 to reserve a spot.

October 6 - Oktoberfest

Please visit the Honesdale center and enjoy the annual Oktoberfest party. Bratwurst and trimmings are on the menu and Loretta will entertain us with some rousing music - beginning at 11:00 a.m. Call Kathy at 570-253-5540 to make reservations.

Chair Yoga – October 14 and 28

Certified instructor Diana Torre will lead classes in gentle, restorative yoga, the second and fourth Thursday this month. Classes begin at 10:30 and run for an hour.

October 31 – Halloween Party

Always a fun time at the center! Please come dressed in costume. Prizes awarded in several categories, special treats & door prizes too. Call Kathy at 570-253-5540 to make a reservation.

Northern Wayne Happenings – October 5 & October 26

On October 5 our speaker will be Hope Wormuth. Her topic will be "Laughter is the Best Medicine." There will be NO get together on October 19, due to the coat drive going on the following weekend. Our next meeting will be on October 26 to celebrate Halloween. Please come to the party dressed in costume; prizes will be awarded in several categories.

A nurse from Wayne Memorial Hospital will visit on October 26 to dispense flu shots between 10 AM and 12 PM. Call Marie at 570-253-5540 to make an appointment.

HONESDALE NEWS

9	8		7		6	5
			6			
4						
	9	6	3			
		5			7	
3			5	2		
	1		2		5	6
5	7		6	4	1	
						8

This is the THIRTEENTH—AND FINAL—of the series on:
SCAMS: PROTECT YOURSELF. PROTECT YOUR MONEY



The Microsoft Scam

You have received an unexpected phone call or an email from someone claiming to work for Microsoft or some other computer software company. This person claims that they have identified your computer as being infected with a virus, and offers to fix the problem.

In order to perform the “fix,” you will be asked to pay a fee by providing your credit or debit card information (this could be \$50 or more). This person – a scam artist -- will ask for access to your computer’s systems and software from wherever they are located.

While performing the so-called fix, you will see movement of the cursor on your computer screen, controlled by the scammer. This person may even pop open a window on your screen showing all the viruses and malware supposedly discovered during the “fix.”

What is actually happening is that software, malware, and even viruses are being downloaded to your computer. Your system, files, and information have been compromised.

You may not discover that your computer has been taken over by a scam artist for days, weeks, or even months – and during this time, the scammer has been watching your every move on your own computer. The scam artist may even have downloaded “ransomware” onto your computer – you will not be able to access your computer files until you pay a ransom to the scammer. And once you’ve paid, you still may not get back access to your computer files.

Protect Yourself

- Make sure you have current, effective anti-virus software installed on your computer
- If a person calls claiming to work for specific company, like Microsoft or Norton, tell them you will call them back. Call that company using a phone number you have verified as legitimate (from the telephone book, or actual company website).
- If you have received an email, contact the company’s customer support website and ask the company to verify that this person is actually one of their employees.
- If you believe your computer is infected, avoid using the Internet and:
 1. Run a scan using your anti-virus software; or
 2. Contact a reputable computer repair technician or company and have them check your computer.

** If you are a victim, contact the Pennsylvania Office of Attorney General.

(1-800-441-2555; attorneygeneral.gov)





Medicare Annual Open Enrollment

FREE INSURANCE COUNSELING For Medicare Recipients

**Trained Counselors answer your questions
& provide Information on:**

**Medicare, Medicare Supplemental
Insurance & Medicare Drug Plans**

October 15 through December 7, CALL NOW !

**CONTACT THE WAYNE COUNTY
AREA AGENCY ON AGING AT 570-253-4262**



The 15th Annual Lackawanna & Wayne County Senior Expo

Sponsored by the Salvation Army

***October 26th*9:30 am—12:30 pm**

Ladore Pavilion, 287 Owego Turnpike, Waymart

**The largest show in Lackawanna & Wayne County De-
voted exclusively to adults 50+. And It's all Free !!! For
more information or to make a reservation for Lunch . . .**

Call Ladore 570-488-6129

- **Exhibitors**
- **Information**
- **Free Health Screenings**
- **Free Seminars**
- **Lunch \$3.00 per person**



DO YOU HAVE MEDICARE?

DO YOU HAVE QUESTIONS ABOUT YOUR COVERAGE OR CURRENT PLAN? DO YOU WANT TO KNOW IF YOU ARE ELIGIBLE TO SAVE MONEY ON YOUR PRESCRIPTION DRUG COSTS AND/OR YOUR PART B PREMIUM? ARE YOU CURRENTLY IN THE DONUT HOLE AND NEED ASSISTANCE? THE APPRISE PROGRAM CAN HELP!

WHAT IS APPRISE?

APPRISE IS A FREE HEALTH INSURANCE COUNSELING PROGRAM DESIGNED TO HELP ALL PENNSYLVANIANS WITH MEDICARE. APPRISE COUNSELORS ARE SPECIALLY TRAINED STAFF AND VOLUNTEERS WHO CAN ANSWER YOUR QUESTIONS AND PROVIDE YOU WITH OBJECTIVE, EASY-TO-UNDERSTAND INFORMATION ABOUT MEDICARE.

You may qualify for financial assistance programs! APPRISE wants to make sure you and your friends who have Medicare know about the Extra Help and Medicare Savings Programs.

Extra Help

Can help lower your prescription drug co-payments and premiums, and cover the cost of the coverage gap!

You may qualify if:

If you are single and have a total monthly income of less than \$1,508/month; and less than \$13,820 in resources

If you are married and have a total monthly income of less than \$2,030/month; and less than \$27,600 in resources

*There are certain deductions taken for Extra Help. You may qualify even if you are above these limits.

Medicare Savings Program

Can help you with the payment of your Part B premium!

You may qualify if:

If you are single and have a total monthly income of less than \$1,357/month; and less than \$7,390 in resources

If you are married and have a total monthly income of less than \$1,827/month; and less than \$11,090 in resources

*Medicare Savings Programs can possibly help with the payment of your Medicare Part A and Part B cost-sharing. There are certain deductions taken for Medicare Savings Programs. You may qualify even if you are above these limits.

How can the APPRISE Program help you?

APPRISE can help with:

- Medicare
- Medicare Prescription Drug Plans (Part D)
- Medicare Advantage Plans
- Medicare Supplement Insurance (Medigap)
- Plan Comparison
- Medicaid
- Screening and applying for financial assistance programs
- Medicare Appeals
- Long-Term Care Insurance

Wayne County Area Agency on Aging






570-253-4262

Call today to get connected to the APPRISE Program in your area.

570-253-4262

APPRISE is a free service provided by the PA Department of Aging, and is funded in whole or part by a grant through the Administration for Community Living.



2) Soup of the day Roast beef sandwich	3) Soup of the day Stuffed cabbage with mashed potatoes	4) Soup of the day Chicken, cran, feta, almond salad	5) Soup of the day Ham salad on rye	6) Soup of the day Baked Macaroni & cheese
9) Closed 	10) Soup of the day Chicken Caesar wrap	11) Soup of the day Mandarin chicken salad	12) Soup of the day Reuben sandwich	13) Soup of the day Philly cheese steak w onions on roll
16) Soup of the day Hot ham & cheese on a bun	17) Cottage cheese & peaches Sausage w/onions & peppers on a roll	18) Soup of the day Chef salad 	19) Soup of the day Egg salad on wheat	20) Soup of the day Broccoli & cheese quiche 
23) Tomato Soup Grilled cheese sandwich	24) Soup of the day Turkey, Swiss, lettuce & tomato wrap	25) Soup of the day Taco salad	26) Chili son carne Rachael sandwich	27) Soup of the day Individual pizza
30) Soup of the day Chicken Quesadilla	31) Soup of the day Chicken cheese steak with onions on roll			Hot dogs upon request
				Ala Carte Menu 










 Mike
  Liuzzo
  bottom
  row
  center
 

 Tai-Chi
  Class
 

 *pictured
 

 October
  4th
  Tai
  Chi
  for
  Arthritis
  (see
  page
  7
  for
  more
  details)
 










G
R
A
N
D
P
A
R
E
N
T
S

D
A
Y

Thank you to Honesdale members Luis and Nilda Rivera for their contribution towards the purchase of children's gifts for Grandparents Day!





Falls Prevention Workshop Group on September 19

Alzheimer's and Caregiving: An Evening with Kim Campbell

Thursday, October 19

Scranton Cultural Center at the Masonic Temple, Scranton

5:45 pm Cocktails & hors d'oeuvres

6:45 pm Film clip - *Glen Campbell: I'll Be Me* & panel discussion

8:00 pm Closing remarks

RSVP by October 9—call 301-556-9343

or email dcampbell@brightfocus.org

Visit brightfocus.org/Scranton

9	8	3	7	1	4	6	2	5
2	5	7	3	6	9	4	8	1
4	6	1	8	2	5	3	7	9
7	9	6	4	3	1	8	5	2
1	2	5	9	8	6	7	3	4
3	4	8	5	7	2	9	1	6
8	1	4	2	9	3	5	6	7
5	7	2	6	4	8	1	9	3
6	3	9	1	5	7	2	4	8

Grandparents Raising Grandchildren

11th Annual Conference

Sponsored by NEPA Intergenerational Coalition

Pittston Memorial Library

October 20, 2017

9 am—3pm

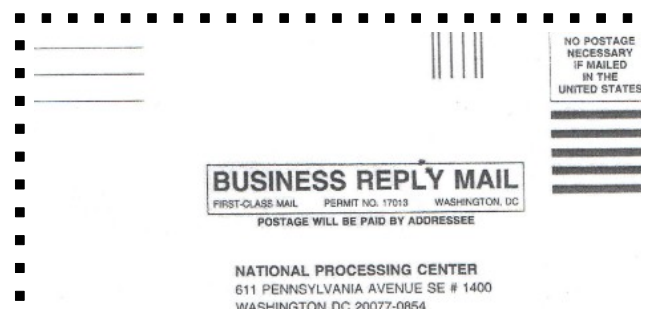
**Held at Genetti's Best Western Plus
Hotel & Conference Center, Wilkes Barre**

Contact: Howard J. Grossman for further information 570-262-3443 or grossmanhj@aol.com

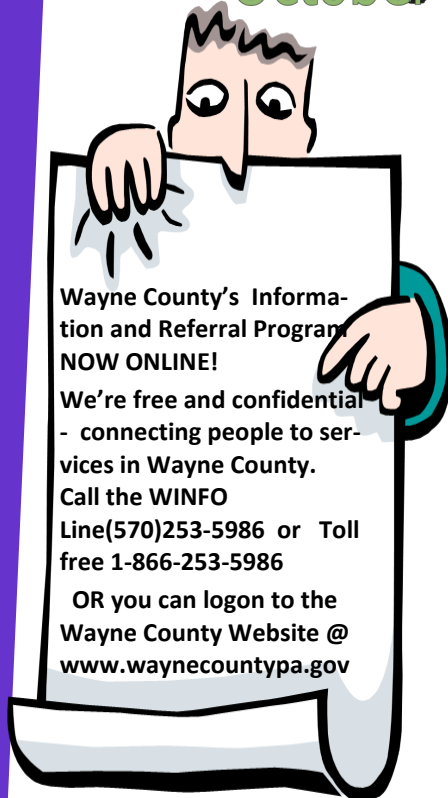
The conference is free to family caregivers

****Registration is required****

An APPRISE Program received a potential phishing scam alert from CMS and the Senior Medicare Patrol. The scam was reported in the Lewistown area and concerned a postcard mailing regarding “Medicare changes”. Several Medicare beneficiaries reported receiving this same postcard.



NATIONAL PROCESSING CENTER
611 PENNSYLVANIA AVENUE SE # 1400
WASHINGTON, DC 20077-0854



Wayne County's Information and Referral Program NOW ONLINE!

We're free and confidential - connecting people to services in Wayne County. Call the WINFO Line(570)253-5986 or Toll free 1-866-253-5986

OR you can logon to the Wayne County Website @ www.waynecountypa.gov

**Wayne County Area Agency on Aging
323 Tenth Street
Honesdale, PA 18431
570-253-4262 570-253-9115 fax
Elder Abuse/Protective
Services: 800-648-9620**



Honesdale Center Earl J. Simons Center 323 10th Street, Honesdale, PA 18431 570-253-4262/570-253-9115 fax end of 10th St. across from Stone Jail

Hamlin Center Salem Township Building, 15 Township Bld. Rd, Route 590 Hamlin, PA 18427 570-689-3766 // 570-689-5002 fax Route 191 South to Hamlin 4 corners turn right onto 590 West, go 1/2 mile turn right after UPS Sign

Hawley Center Robert J. Drake Senior Community Center 337 Park Place, Bingham Park Hawley, PA 18428 570-226-4209 // 570-226-3422 fax Route 6 to Hawley, past ball field across from Mayor's office, just before bridge, left onto Park St

Northern Wayne satellite @ Northern Wayne Fire Company, 1663 Crosstown Highway, Lakewood, PA 18439 570-798-2335 (fire co) Meetings March-October - 1st & 3rd Thursday; Meetings November-February—1st Thursday only

Waymart satellite @ Masonic Hall 136 South Street, Waymart Meetings 1st & 3rd Thursday. Call Kimber Best 570-766-1916.

Transportation 323 10th Street, Honesdale, PA 18431; 8:00 am-4:00 pm www.co.wayne.pa.us go to "human services" click on "transportation" 570-253-4280; out of 253 exchange 1-800-662-0780

Wayne County Veterans Affairs Representative: Honesdale 314-10th Street, 9-4, Monday through Friday. For more info please call: 570-253-5970, Ext. 3114.

Production Coordinator:

Kathy Robbins

Menu Coordinator:

Amy Costantino

Editor: Kathleen Chicoski

kchicoski@waynecountypa.gov



The Wayne County Adult Day Service is open Mon- Fri. To contact the center please call: 570-390-7388 in Hawley or 570-346-7860 in Scranton.

